

Depression

*"The drugs don't Work
They just make you worse!"*

**'Chemically Imbalanced: The Making
and Unmaking of the Serotonin
Myth'**

**Professor Joanna
Moncrieff**

Also

**The Rise of Populism
King of the Jungle
Alain Delon**

+ Lots more

THERE IS NO CHARGE FOR THIS DIGITAL MAGAZINE

**New Digital
Edition**

Keep us alive for less than a cup of
coffee - €3

Support us via PayPal:
info@irelandsbigissue.com



Your support, however, will enable us to continue **highlighting under-represented voices & continue bringing you justice-driven journalism.** Proud supporters of Irish Homeless Street Leagues.



IMPORTANT CONTACTS



Important Contacts

- Homeless Freephone Number
1800 707 707
(10am to 10pm 7 days a week)
- Outreach Team
01 872 0185
7am to 1am Monday to Friday
9am to 1am Saturday and Sunday

Local Authorities

- DCC Central Placement Services
01 222 6944
- Finglas County Council
01 890 5090
- South Dublin County Council
01 890 5090
- Dún Laoghaire - Rathdown County Council
01 205 4804

Day Services

- Focus Ireland Coffee Shop
01 671 2555
- Capuchin Day Centre
01 872 0770
- Merchants Quay Ireland
01 524 0923
- PMVT - Berkley Street
087 247 7117
087 434 1668
- Alice Leahy Trust
01 545 3799

Emergency Numbers

If you need the emergency services, including An Garda Síochána, Dublin Fire Brigade or an Ambulance, please call

122 or 999



Seirbhís Phríosúin
na hÉireann
Irish Prison Service

The Irish Prison Service
are proud supporters of
Homeless Street Soccer Leagues

**First Church of
Christ, Scientist,
Dublin**

**21 Herbert Park,
Donnybrook, Dublin 4**

Reading Room,

15 Sth Great Georges St, Dublin 2

(Open 11am - 3pm, Tues, Thurs, Fri)



Feidhmeannacht um Dhaoine ar Easpa
Díine Réigiún Bhaile Átha Cliath
Dublin Region Homeless Executive



An Garda Síochána
Ireland's National Police and Security Service

Going Forward: A New Challenge

The Covid-19 pandemic has taken its toll on us, like it has on many other magazines, organisations and businesses globally.

Unfortunately we are faced with a landscape that has irreversibly changed since the Big Issue first hit the streets in 1995. To meet this challenge Ireland's Big Issue must also change.

We have reluctantly decided, albeit with a heavy heart, to host the magazine digitally only for the foreseeable future.

From now on, Ireland's Big Issue will focus our support on the Irish Homeless Street Leagues. This volunteer-driven, non-profit has been using the power of sport to transform the lives of men and women who've found themselves affected by social exclusion all across Ireland - north and south. By continuing to support the magazine online you'll be helping to develop resilient individuals and stronger communities, connecting people and promoting equality and diversity, inspiring and motivating those affected by social issues.

We will also be adjusting the content to reflect the times we live in whilst endeavoring to provide an informative and enjoyable read.

We thank you for your support to date and ask that you continue to help us. As there is no charge for Ireland's Big Issue we do need your support to continue highlighting the issues that impact our lives and bring you a truthful, balanced view of what is happening in our world.

For as little as a cup of coffee (€3) you can subscribe.



Digital Edition Contacts:

Editor: Sean Kavanagh
Ireland's Big Issue
Email: info@irelandsbigissue.com

Contribute via
PayPal at:

info@irelandsbigissue.com



Contents

Page 4

Letter to my Younger Self: Samantha Shannon



Each issue, we ask a well-known person to write a letter to their 16-year old self. Here it's the turn of author Samantha Shannon (33).

Page 6

The Rise of Populism

Representation gaps by mainstream political parties contributing to the rise of populism. Laurenz Guenther explains.



Page 8

The Big Interview: Professor Joanna Moncrieff

Most of us believe that depression is caused by chemical imbalance but Joanna Moncrieff, a Professor at University College London does not agree.



Page 12

The Man who Gave Crisps their Flavour - Joseph 'Spud' Murphy

Born into a gruelling economic chapter in Ireland's history,



with emigration on the rise and the country chiefly agricultural, Joseph 'Spud' Murphy turned it all around by developing, first a unique crisp then a huge brand. Liz Scales reports.

Page 14

Scammed on Vinted!!

Vinted fraudulent accounts are exploiting the 48-hour refund Window. Samantha Bailie-McMurdock reports.

Page 18

Alain Delon: An Icon of French Cinema

Shaun Anthony takes a look at the life of Alain Delon - one of the most recognisable figures in French and world cinema, who rose from less than ideal beginnings to become one of the most celebrated stars in film history.

Page 22

King of the Jungle

The fast, furious, and brutally short life of an African male lion. Alexander Brackowski et al report.

Page 30

Tadhg Barry - Rebel and Revolutionary

Tadhg Barry's life was characterised by his commitment to the cause of Irish independence. Liz Scales reports

Regulars

25 - Jokes
26/27 - Screen Scene
36/37 - Book Club
38 - The Podcast Review

Don't forget to follow us on the socials:



IrelandsBigIssue
BigIssueIreland
IrelandsBigIssue

Letter to my Younger Self - Samantha Shannon

Each issue, we ask a well-known person to write a letter to their 16-year old self. This issue, New York Times and Sunday Times #1 best-selling author Samantha Shannon (33), whose family hails from Co. Roscommon takes on the challenge.

Hello, you. I've been thinking about you a lot recently, because I just revised the book you're going to write at university.

It isn't the book you're working on now – the one you've been writing through the night before you go to school, even when you should be doing your homework or studying for your exams. That book will never be published. The realisation will crush you at first, but when you're my age, you'll be relieved it didn't see the light of day – I'm afraid it isn't your best work. I'm still glad you're writing it, because it's teaching you how to commit to finishing a book, and that's going to be your career. Yes, that thing you've been wishing for is really going to happen, and much sooner than you think.

In three years' time, you'll come up with a better idea for a book. By this point, you will be studying English Language and Literature at Oxford, having worked yourself to the bone for the grades. Mum



and Dad are so proud they might burst. You are not going to take a gap year, but I sometimes wish you had, because then you might not have been so burned out when you started your degree. You're not going to have the smoothest ride at Oxford – the dreaming spires don't always feel like they were built for you – but this new idea, this spark that will come to you when you're 19, is going to change your life.

You're not going to have the smoothest ride at Oxford – the dreaming spires don't always feel like they were built for you

It's called The Bone Season. You will write it over the course of six delirious months, between midnight essays, and countless mugs of

coffee, possessed by this story and its characters. You tell your mum that this might be the one.

You'll be 20-years-old when a Scottish author named

Ali Smith visits your college, tells you that you have a strong voice, and suggests that you try to get this book published. A few weeks later, you'll sell *The Bone Season* to Bloomsbury. Because you are so young, the media will be fascinated. You will spend the next year doing things you never dreamed were possible, like photoshoots with *Vogue* and interviews with *BBC Breakfast*. You will be grateful that you got your braces taken off when you did, even though your older self will occasionally want to shake you for it, because you will be leaving yourself with an overbite.

You will be pried out of your shell. You will be uncomfortable, grateful, intimidated. All the while, you will be gnawed by a fear that sets your stomach churning; you'll feel like you can't eat or sleep or concentrate on anything, including the book you've now started to edit. You've never faced this sort of problem with your mental health, so you won't recognise the warning signs until it's almost too late.

In your last year at university, you're going to start wanting to die, even though all your dreams have come true. Your brain will have convinced you that something terrible is going to befall you, to balance all this good fortune you've had. Everything will suffer: your studies, the book, your family as they worry for you. You will fear that you'll never feel joy again.

Remember this, when the time comes: your brain is lying. You'll feel like this because you're very ill.

I can't promise that the coming years will be perfect. You'll lose people you love; your career will hit a rough

patch; you'll cry until your voice is gone. But the fear will slowly begin to abate. It will take you many years to recover, but you will survive. You will have so many great meals without feeling sick. You will laugh again. You will

feel immense regret that you didn't have more to give to *The Bone Season*, because it's a story that means the world to you, and you'll never stop being in love with it. Even as you publish its sequels, you will realise you didn't do it justice.

Your fourth published book will be called *The Priory of the Orange Tree*. It's going to sell a million copies. You're going to make the best friends in the world. Your brother is going to

grow up and make you so proud of him. You're going to conquer your anxiety, inch by painful inch, day by day. And eventually, you're going to pluck up the courage to ask if you can go back to that book

you wrote at 19, to edit it again with all the skill you've gained in the

last decade, creating the Author's Preferred Text.

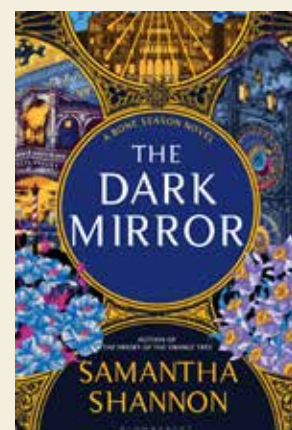
To your own surprise, your publisher trusts you to do it. You will have the unique and surreal joy of being in conversation with your past self.

You'll cringe as you smooth out her words, but you'll also be so proud of her, as I am proud of you.

One last thing:

Even though people keep trying to convince you that you'll change your mind about not having children, you won't. But you knew that.

The Dark Mirror by Samantha Shannon was published by Bloomsbury on 25th February 2025 and available in all good bookshops, online and on Audible.



It will take you many years to recover, but you will survive. You will have so many great meals without feeling sick. You will laugh again.

The Rise of Populism

Representation gaps by mainstream political parties contributing to the rise of populism. *Laurenz Guenther explains.*

The rise of rightwing populists continues across the west, leaving many wondering how mainstream parties can respond. Part of the picture is the failure of political parties to meet voters' views on immigration with policy responses.

Germany is a strong example here. In 2013, it had no notable rightwing populist party. Alternative for Germany (the AfD) did already exist, but it was neither populist nor strongly anti-immigrant. But immigration into Germany was increasing.

In the years prior to 2013, several hundred thousand asylum seekers from Africa and the Middle East entered the country each year. Many Germans wanted lower immigration but German political parties were not offering corresponding policies. The public and parliamentarians were already on a different page.

To measure this disagreement, researchers asked representative samples of German parliamentarians and ordinary citizens the following question in 2013:

“Should it be easier or harder for foreigners to immigrate?”



They could choose from 11 responses, ranging from “0 – immigration for foreigners should be much easier” to “10 – immigration for foreigners should be much harder”.

The results show that most Germans wanted to restrict immigration in 2013. Despite this public demand, nearly all parliamentarians from all the four major parties wanted to facilitate immigration.

Part of the picture is the failure of political parties to meet voters' views on immigration with policy responses.

How the representation gap emerged over immigration.

Two years later, in 2015, the refugee crisis began. Over the course of just a few years, two million asylum seekers entered Germany. In response, Germans viewed immigration as

an increasingly important issue and increasingly voted based on their attitudes towards immigration. Because most Germans wanted lower immigration, this increased the demand for an anti-immigration party.

immigration and multiculturalism than the average parliamentarian.

While these cultural representation gaps have existed

During this time, the AfD changed its policy platform to become Germany's only party that was clearly calling for much lower immigration. As a result, the AfD became the only party to represent the will of many Germans on the issue they considered most important.

From this perspective, it is not surprising that the AfD strongly increased its vote share in the 2017 election and became the first party to the right of the conservatives to ever enter the federal parliament. In my research, I found similar patterns are evident across Europe. In 27 countries, most political mainstream parties are much more in favour of immigration than the majority of their voters and citizens demand.

The representation gap is not only systematic across countries but also across political issues and voter subgroups. On nearly all cultural issues, such as multiculturalism or gender relations, I found that voters are more conservative than their parliamentarians. Across Europe, the difference between the average voter and parliamentarian is as large as the difference between the average conservative and socialist parliamentarian. Even voters with the same level of education, or voters who are well-informed about politics, are much more culturally conservative than their representatives. Even immigrants themselves are much more opposed to



for a long time, it is the increase in their salience and perceived importance that contributes to the rise of rightwing populism. This is most strongly driven by the increased importance in immigration.

These results matter because they can equip politicians with the information they need to win (back) voters.

And on a deeper level, these findings raise the question whether mainstream parties need to adjust their policies on immigration.

In 27 countries, most political mainstream parties are much more in favour of immigration than the majority of their voters and citizens demand.

One important argument of mainstream politicians against populists is that once populists come to power they aim to establish dictatorships and then rule against the interest of the people. However, this argument rings hollow if mainstream parties are unwilling to acknowledge and act on the issues considered most important by the people.

Author: Laurenz Guenther: Postdoctoral researcher, Department of Economics, Bocconi University

First published on The Conversation

The Drugs Don't Work: Professor Joanna Moncrieff

For many years we've been led to believe that depression is caused by chemical imbalance in the brain but Joanna Moncrieff, a Professor at University College London and a practising psychiatrist does not agree and has faced harsh criticism by her peers as a result.

*... Now the drugs don't work
They just make you worse... The Verve (1997)*

Professor Joanna Moncrieff is lauded by the likes of Irving Kirsch, PhD, a Harvard Medical School academic and Dr. Chris van Tulleken, Alma mater of St. Peter's College, Oxford and her new research, presented within the pages of 'Chemically Imbalanced: The Making and Unmaking of the Serotonin Myth' will challenge you - if like me you believed the narrative that low levels of serotonin in the brain and gut cause depression. Indeed, the medical world's fixation on serotonin proves how powerfully embedded the belief is that a serotonin imbalance or deficiency is what causes depression.

Professor, in Northern Ireland almost a fifth of the population are on antidepressants (and in the Republic, it's around 14%. Do you think prescribing antidepressants has just become the easy or lazy response to treating patients presenting with low mood and depression?

"Yes! Antidepressants have become the go-to, the easiest, cheapest, most convenient way to treat distress when its been proven that mindfulness and exercise are just as effective. Studies show that exercise can be one of

At a time when the consensus with GPs across the world (certainly Ireland, the UK and the US) seems to be that all mental health conditions (not just depression) are medical conditions caused by chemical imbalances in the brain and as such need correction with drugs (like other diseases) Prof. Moncrieff however believes this is nonsense perpetrated by those with a financial incentive. I recently spoke with her.



the best ways to lift mood. My studies over the years, not just the serotonin paper have shown that antidepressants are just not very effective - they're not much better than a placebo - it's doubtful there's a pharmacology effect at all as the benefit to those who suffer from depression is mainly a placebo effect. When people are offered

....antidepressants are just not very effective - they're not much better than a placebo...

medication, they feel hope from the fact they are taking a pill, and that hope alone can be what makes them feel better, not any chemical in

the medicine. There's also the issues of side-effects like sexual dysfunction, aggressive behaviour in younger people and a dulling of emotional responses, and that was especially common with the older antidepressants people were prescribed."

The assumption is so widespread that antidepressants are key to happiness that there's memes on social media and T-shirts in clothing stores with, 'If you're happy and you know it, thank your meds'. You're bound to find that vexing.



You're no stranger to criticism yourself.

"I've been challenging the mainstream story about antidepressants for decades but the publication of the serotonin paper meant they [the psychiatric establishment] could no

"Yes, and I'm sure you've seen 'Today's good mood is sponsored by antidepressants'. I've seen them all adding to the theory that depression is caused by low serotonin — which is not supported by reliable evidence."

I'd no idea how little evidence there is that antidepressants are the best course of action. I think we all just trust that doctor knows best?

"That's it and people can be very surprised when they realise for the first time that any benefit is grounded in myth - that clinical trials show antidepressants are not much better than taking a placebo pill."

I've a friend who's a medical academic who was effectively intimidated out of her job for criticising what she deemed 'the overuse of SSRIs, SRNIs and other drugs aggressively pushed by Big Pharma' and vocalising her belief that her superiors were allowing drug companies too much influence in patient care - something she believed they were doing because of the sources of funding.

"I've witnessed how the myth that these medications will normalise an underlying brain function has facilitated the successful promotion of highly profitable drugs.... Drugs

whose harmful effects have never been investigated properly. The quest for money and professional status has really lured the psychiatric profession into promoting these potentially harmful drugs... some are probably not even consciously aware of it."

longer ignore me ... in fact they went into attack mode, tried to neutralise our findings and divert attention from their implications for our use of antidepressants, in order to avoid public debate. It deluged the academic literature and the public with a host of other unconvincing studies and alternative theories, dressed up with complex language and technical details.

...the pharmaceutical industry has long recognised that medicating misery is a lucrative market.

"The Science Media Centre coordinated the initial response to our paper but it receives funding from numerous pharmaceutical companies as well as the industry's trade association [Association of the British Pharmaceutical Industry]. Its

spokesmen on mental health regularly include advocates of drug treatment and biological interventions. Ironically, the Science Media Centre had originally been approached by my university, [University College London] to collaborate on publicising the paper, as it does for other important research; but it then withdrew that offer and released a briefing featuring seven psychiatrists criticising the paper!

"A spokesman for the Royal College of Psychiatrists was also quoted, reassuring people about antidepressants. Subsequently a group of 36 psychiatrists submitted a response to Molecular Psychiatry, the journal that had published our paper. They disputed minor points of methodology and claimed there was some evidence for

the role of serotonin in depression. They continued to attempt to discredit the paper. The medical press, reluctant to cover our original research, seemed delighted to report this criticism. I was even informed by an attendee that cheers went up at the British Association for Psychopharmacology conference in 2023 when the questioning of our review was mentioned. I shouldn't have been surprised. After all, the serotonin thesis has been kept alive because the pharmaceutical industry has long recognised that medicating misery is a lucrative market."

Big Pharma pour millions into the NHS

and other health authorities and I know that GP Clinical Leads alone receive huge incentives for prescribing their brands. I recall a GP friend telling me once that 'the sky is the limit' for those without a moral compass.

"The scandal of the mass prescription of highly addictive drugs like Valium brought the idea of using medication to numb emotions into disrepute and so Big Pharma needed a new narrative to market their drugs for psychological problems - so the chemical imbalance became that narrative, enabling antidepressants to be presented as the opposite of emotional anaesthetics. They were described as targeting an underlying disease – depression. How could people resist this message, especially when it was delivered not just by drug companies, but by their own doctors? But of course, its all money and inducements like you stated yourself. SSRIs from the late 1980s made psychiatrists an important target by Big Pharma and they became accustomed to drug company incentives.

"I remember from the early 1990s, at least once a week a lavish lunch would be provided, courtesy of one firm or another. This would be followed by a promotional talk, dressed up as education, provided by the drug company rep or a senior psychiatrist in the company's pay. Conferences took place at fancy hotels. Key opinion

leaders were paid generously for giving presentations about a firm's product. Antidepressants brought psychiatrists the prestige they craved. Pharmaceutical companies are ultimately interested in profit."

There's no denying that antidepressant use is on the rise. I know in areas of social deprivation across Northern Ireland alone, the number of antidepressants dispensed is 46% higher in social deprived areas than least deprived.



"Depression is associated with social disadvantage, financial problems, housing problems, negative childhood

experiences and so on and in the UK it's the same, higher antidepressant use in areas of higher proportions of social deprivation....but we should not be medicalising a situation to provide people with the support they need.

That is not the answer. People deserve the very real help they need."

we should not be medicalising a situation to provide people with the support they need.

Something I found quite shocking was the fact that taking antidepressants longterm can actually reduce serotonin- so that's defeating the very purpose.

"Yes, three studies involving 2,469 post-menopausal women showed that those who were using antidepressants for depression, pain or anxiety, had lower serotonin levels than those not taking antidepressants. So despite the theory that SSRIs boost serotonin, this was evidence that they may actually reduce it, at least when used for a sustained period."

Many people will not realise that antidepressants affect the patient the same ways as alcohol and recreational drugs.

"Yes, they 'drown our sorrows' or suppress them but far from correcting chemical imbalance, antidepressants change brain chemistry."

Some psychiatrists have recently moved from

the serotonin line of argument and are claiming that depression could be caused by nerve cell connections. Could that be possible at all?

“There’s no evidence for this either. There’s been an array of substances linked to recreational drugs that are being promoted for depression, like psychedelics and ketamine. They’re claimed to counteract an underlying biological abnormality or deficiency – often by people with links to firms marketing them.”



to healthcare that works, - not what’s easily prescribed, makes you popular or pays for lavish lifestyles.

For young medical graduates wishing to continue their studies in psychiatry it seems one needs the heart of a lion as any Big Pharma critic or freethinker will, without doubt face attacks from the establishment and the companies that fund them. Perhaps that’s why we seldom hear from whistleblowers and academics who have student loans and mortgages to pay - and Big Pharma know and take advantage of that.

So, yet again - mental ill-health is in the brain and drugs will balance things out - Big Pharma have their lucrative market.

“Exactly.”

Professor Moncrieff is visibly upset as she speaks about the pharmaceutical giants who just need “business to go on as usual” so that the “pharmaceutical market will be sustained and people will not think about the fact they’re ingesting foreign chemicals we understand little about” and “are unlikely to be harmless - especially if taken longterm.” In a world of unscrupulous Big Pharma agents and their “influencers” within our health sectors its refreshing to speak with a woman with evident, genuine conviction, who cares, is deeply principled and refuses to bow to those who hold the purse strings. We do not get too many Professor Moncrieffs, academics who are fearless and stand firm because they’re dedicated

In a world of unscrupulous Big Pharma agents and their “influencers” its refreshing to speak with a woman who refuses to bow to those who hold the purse strings.

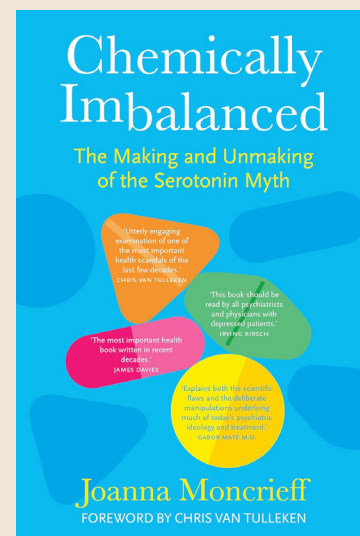
Highly recommended:

Chemically Imbalanced: *The Making and Unmaking of the Serotonin Myth* by Joanna Moncrieff (Flint)

The paper I cite

throughout this article: *‘The serotonin theory of depression: a systematic umbrella review of the evidence’* can be read at

<https://www.nature.com/articles/s41380-022-01661-0>



The Man Who Gave Crisps Their Flavour - *Joseph 'Spud' Murphy*

Born into a gruelling economic chapter in Ireland's history, with emigration on the rise and the country chiefly agricultural, Joseph 'Spud' Murphy turned it all around by developing, first a unique crisp then a huge brand. Liz Scales reports.

Prior to the 1950s crisps were pretty boring. I remember my dad used to tell me that his best friend Devlin Coyle came up with the salt & vinegar crisp when they were at primary school - when he took the "crazy notion" of emptying vinegar into his Smyth's crisps bag alongside the blue sachet of salt -of course his prophetic "crazy notion" was just that because Joseph 'Spud' Murphy was already developing the cheese & onion crisp and this didn't involve a bag filled with liquid and six of the best for having a soggy jotter!

We all love a bag of Tayto, for most of us in Ireland they are synonymous with our culture and identity, which is why we post so many boxes to family and friends who leave our shores for the United States or anywhere else life takes them. Somehow that familiar logo, smell and taste brings you back home.

Tayto's beginnings

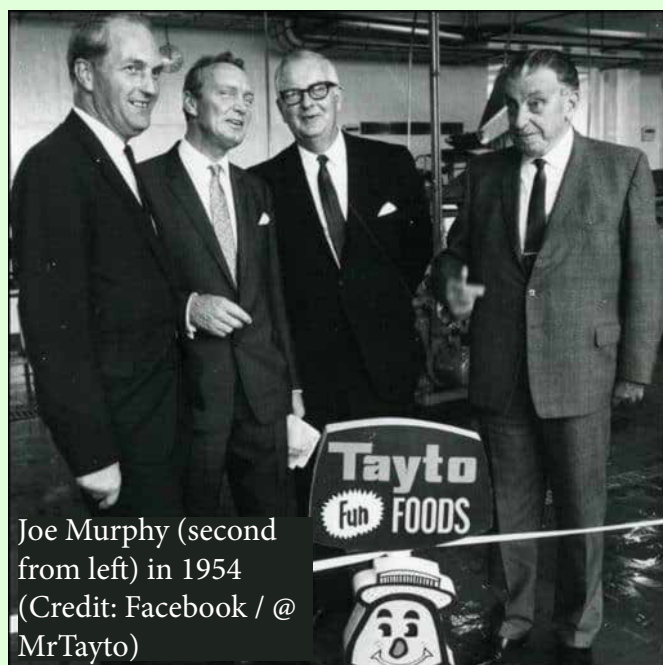
Tayto's story starts back in 1954 when Dubliner Joe Murphy, who had the nickname Spud had a bit of a eureka moment. Murphy, who was born on 15 May 1923 was sick and tired of the bland, ready salted crisps imported from the U.K. All crisps came with a little sachet of salt, but that was about as flavoursome as they got. Murphy pondered the idea of flavoured crisps. Would it be possible, the Liberties native mused?

Spotting a gap in the market he decided to open a potato crisp factory in O'Rahilly's Parade, off Moore Street in Dublin, starting in the crisp business from scratch. In fact, his only knowledge was that he loved eating them!

Murphy, who was educated by the Christian Brothers in Synge Street was no stranger to business, he'd previously brought the ballpoint pen to Ireland as well as the

cordial, Ribena, but he had picked up a few business tips growing up from his father Thomas who had a small building business in Thomas Street in the city and his mother Molly (nee Sweeney) who owned a wallpaper and paint shop on the same street. It wasn't long until Murphy was coming up with different flavour ideas and eventually landed on cheese & onion as his offering (he is credited as inventing the cheese & onion crisp). Spud had employed eight people (most of whom were still working for him four

decades later), had meticulous quality control in place and the employees hand-packed the crisps into airtight tins, loaded them in their one solitary van and delivered them around the country. This would be the genesis of the Tayto brand for Joe and his wife Bunny.



Joe Murphy (second from left) in 1954
(Credit: Facebook / @MrTayto)

**It has
to be said that Joe
Murphy was ahead of his
time**

Hot on the success of the cheese & onion came salt & vinegar and immediately after, smokey bacon. Demand was increasingly exponentially as word got around and tastebuds grew accustomed, and soon this novel

concept came to the attention of crisps factories around the globe, who all wanted a part of this market. Even with other companies getting in on the act, by 1960 Tayto had to expand dramatically to meet demand and people across Ireland no longer called crisps, 'crisps' but 'Tayto'. The business was now so big they moved to Mount Pleasant Avenue in Rathmines and in 1960, they acquired an additional premises in Harold's Cross.

Dad of five, Joe was great at marketing and he became one of the first ever sponsors of a Radio Éireann programme. He also rented spaces around prominent spots in the city (like the junction of D'Olier Street and Westmoreland Street) for neon signs with the Tayto logo - knowing, well ahead of his time the importance of brand recognition and recall. By 1964, Tayto were a well-respected, flourishing brand and Beatrice Foods in Chicago bought a majority stake. Just a few years later Tayto was employing 300 people and had a state-of-the art factory in Coolock.



friendship and making people laugh. His spare time was spent with family or indulging his hobby - creative writing (although he refused to send any of his work for publication), he was also an avid reader who loved his employees to recommend books. He would spend the last 25 years of his life in retirement in sunny Spain with his wife Bunny, enjoying the fruits of his success.

In Northern Ireland

Tayto in the north was formed in 1956 by the Hutchinson family and licensed the name and recipes. The companies operate separately but have nearly all the same product ranges. Like its counterpart in the south, the cheese & onion is their signature brand. Up in the town of Tandragee, in Co. Armagh where the crisps are made, the town smells like crisps (don't go there if you're hungry!)

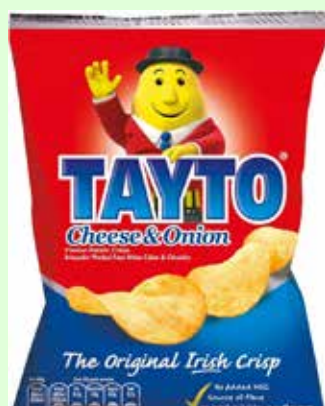
In 1972 Joe bought the King Crisps company and developed distinctive and unconnected marketing strategies for Tayto and King brands. Spud was a very successful man, but still, he felt there was room for improvement and diversification, so he decided to look into other flavours and potential snacks to launch under these brands. Again he created a first: Tayto were the first company to manufacture (and market) extruded snacks in Ireland (extruded snacks include anything involving combined ingredients that are either pushed through a mould or precision cut. Examples include corn puffs, veggie straw snacks, pork rinds, cheese snacks (puffs and curls) and more.

At the beginning of the eighties Tayto acquired the Smiths Food Group in Terenure where a whole new range of Tayto products were produced.

His Employees Loved Him

What made Joe Murphy quite remarkable as a businessman was the fact his employees loved him like family. He believed in paying well, treating each person as an individual and did his uttermost to avoid conflict. Despite founding the Tayto brand, he was not a proud man but one who attributed great value to family,

He believed in paying well, treating each person as an individual and did his uttermost to avoid conflict



It has to be said that Joe Murphy was ahead of his time, he was 'in search of excellence' before Peters and Waterman wrote the book, he utilised employee-centred leadership before it was even a 'thing' and his marketing skills were futuristic. Famous business writer, Peter Drucker once famously said, "The aim of marketing is to know and understand the customer so well that the product fits him and sells itself."

I think we can all confidently state that a packet of Tayto is never a hard sell!!

Joseph passed away on 28 September 2001, at the age of 78. He was remembered by his family and friends as a "shopaholic", who never lost sight of his origins and who had a heart for the needy.

If Joe (who liked to be known, simply as Spud) is looking down, I'm sure he finds some of the flavours emerging now a tad strange (like Christmas Tree flavour and Beans on Toast flavour) but really he is the father of the flavoured crisp and has inspired many other savoury snack companies to think outside the box.

Scammed !!

Vinted Fraudulent Accounts: Exploiting the 48-Hour Refund Window

Lithuanian online marketplace Vinted operates in 21 countries, and boasts more than 65 million registered users so it's unsurprising that it's been targeted by unscrupulous sellers who exploit a vulnerability in their system - the 48-hour refund window. *Samantha Bailie-McMurdock reports.*

The rise of online marketplaces has revolutionised how we buy and sell secondhand goods, with platforms like Vinted becoming increasingly popular for their convenience and accessibility thanks to an app on our smartphones.

However, as with any online marketplace, fraud is an unfortunate reality, and Vinted has not been immune. One particular loophole that caught my attention involves duplicitous accounts abusing the platform's 48-hour refund window, leaving buyers exposed to scams and financial losses.



My Experience

About three months ago I spotted three items, just too good to scroll past, an 'As New Zara cardigan' for £3.86,

a 'Very Good Harris Tweed handbag' for £2.51 and a 'NWOT (new without tags) Joules Oatmeal jumper' for £3.56. Apart from feeling the prices were a tad random (and very low), all three had just been uploaded an hour previous by three 'separate' sellers and I just presumed I was the early bird who caught the worm. A few hours later I received my first Proof of Postage

photo with a Royal Mail Tracking number, followed by two more Proof of Postage images from the other two sellers. This is not normal practice as it's usually an update from the shipping service once the item has been handed over and scanned into their system.

Understanding Vinted's 48-Hour Refund Policy

Vinted's 48-hour refund window is a core feature originally designed to protect buyers. Once an item is marked as 'delivered', the buyer has 48 hours to inspect it and confirm if it matches the description provided by the seller. If the buyer is dissatisfied, they can initiate a dispute, potentially leading to a refund. While this policy is well-intentioned and provides a safety net for buyers, it also creates a vulnerability that fraudsters can exploit. By manipulating this refund window, scammers can deceive buyers and acquire their hard-earned cash without providing anything in return.

While this policy is well-intentioned and provides a safety net for buyers, it also creates a vulnerability that fraudsters can exploit.

Feeling that something seemed a little 'off' I checked all three postal labels from the sellers and noticed it was exactly the same label, with the same fake return shipping address and tracking number!

I immediately messaged the sellers informing them I was reporting them to Vinted. I also left a statement on the Vinted sub-Reddit to alert others. All three accounts immediately disappeared (of course, they would have opened more under different aliases) and I contacted Vinted again to say that I would not be receiving my items I'd just paid for as I discovered that these sellers were fraudsters, however, Vinted replied several hours later stating that whether or not that was

the case, I still needed to wait until the day my parcels were due and to remember to click the 'I have an issue' tab or I would not be refunded.

Incensed, I replied asking why a huge company liked Vinted were not doing more to protect buyers and they messaged me some hours later stating that unfortunately the sellers could not face disciplinary action as they had closed their accounts.

I felt this was not good enough. I'd been very fortunate to notice this anomaly, what about someone who wouldn't know they had only 48 hours to raise a dispute? And, also, how many of us buy something online and know the exact day it's due? Certainly, in the case where a package arrives and the item is not as described, at least you have the reminder that your 48 hours are ticking down as you have the item/reminder in your hand - however, what happens when no parcel arrives to jog your memory? Your 48 hours are still ticking down and this is the loophole these fraudsters are exploiting, as no -'I have an issue'- tab is alerted, Vinted release the funds to the swindler's bank account.

Vinted could do so much more., they really could. Disciplinary action COULD be taken as these sellers have to sign up with a bank account, so Vinted could block the bank account from setting up new Vinted accounts just like eBay has done for years.

I have been monitoring Vinted over the past 12 weeks, contacting them almost every other evening over that time, flagging new accounts displaying suspicious behaviours, i.e. zero star reviews, uploading in bulk with the same location over hundreds of accounts, using stolen images from social media and/or other selling sites. I asked Vinted why, as a member of the general public, I can perform a basic reverse Google image search and deduce these are fake accounts, yet they either can't or don't bother. What about seniors who struggle with technology or the neurodivergent? Vinted claim to be a "supportive place for the neurodivergent", well this is clearly not the case or they would do much more

to stop fraudulent sellers. I have reached out to Vinted stating all of this, asking one of their press officers to contact me. I have not received a reply.

The Invoice Scam

This is not the only scam sadly for buyers. Another common fraud is a brand new item arriving at your door from Zalando. For instance, say you purchased a pair of used DM boots; a brand new pair arrives with an invoice from Zalando. The scheme is rather simple. Fraudsters create a listing on Vinted advertising a second-hand product at a very good price. Once a customer buys it, the fraudster orders the same item from Zalando in the name of the customer and sends it to them. Since Zalando allows payment by invoice, the fraudster can do this without spending a penny while the

customer is slapped with the price of a brand new item on top of what they already paid the fraudster on Vinted!

The problem? It's really too easy to open a seller's account on Vinted, all you need to do is give a name, email address and password. Sellers' names are not visible, only the username they chose for themselves. Moreover, posting a listing doesn't cost sellers anything, which further encourages fraudsters who aim to make easy money without a lot of effort or investment. Similarly, it's just as easy to create an account on Zalando. The platform doesn't ask for any proof of identity, which means that fraudsters can create customer accounts in virtually any name and address. Zalando have tried to warn the public to report such packages to the police and warn people to click the 'I have an issue' tab on Vinted or they will lose their money - but surely that's something Vinted should be doing! It seems that Vinted are just sitting back enjoying the fact they're Lithuania's first tech unicorn - but what they forget is that what goes up, must come down, and at this rate I don't fancy Vinted's chances if they don't step up and counter the ever-increasing number of scams on their app.

* A unicorn in business is a startup company valued at over US\$1b which is privately owned and not listed on a share market.



Vinted could block the bank account from setting up new Vinted accounts just like eBay has done for years.

Best of luck to all participating in the Homeless Street Soccer finals in April



Jim O'CALLAGHAN TD
Minister for Justice,
Home Affairs and
Migration

FIANNA FÁIL
THE REPUBLICAN PARTY

WORKING FOR YOU LOCALLY

Please contact me if I can assist you in any way.
jim.ocallaghan@oireachtas.ie
(01) 618 3134

Weekly Advice Clinics - Tuesday
St. Andrews Resource Centre: 6pm-7pm Ringsend Community Centre: 7pm-8pm
114, 116 Pearse St, City Quay, Dublin D02 PR44 Thorncastle Street, Ringsend, Dublin 4

www.jimocallaghan.com



Louise O'Reilly TD

Dublin Fingal

Best wishes to all involved in Irish Homeless Street Leagues

01 6183093

Email:
louise.oreilly@oireachtas.ie




DARREN BARLOW FINANCIAL SERVICES
DARREN BARLOW FINANCIAL SERVICES

- **Are you self-employed or a director/partner of a small to medium sized business?**
- **Do you have taxation, audit, accounting, pay-roll or company secretarial requirements?**
- **Call or email the small business experts for a quality and value for money service.**
- **Start-ups specially welcome.**

Tel: 01 6903804
Mobile: 086 8288369
Fax: 01 6961134
Email: darren@dbfs.ie
Web: www.dbfs.ie

147 Hampton Cove
Balbriggan
Co Dublin



into
Irish National Teachers' Organisation
Cumann Múinteoirí Éireann
Established 1868

Head Office
Vere Foster House
35, Parnell Square
Dublin 1

Ard Oifig
35 Cearnóg Parnell Baile
Átha Claith 1

Fon: 8047700
info@into.ie

General Secretary: John Boyle

Represents over 50,000 teachers throughout the island of Ireland.
Defends the trade union and professional interests of teachers.
Fights for equality of educational opportunity.
Strives to raise educational standards.
Articulates the voice of its members in collective bargaining.

AFFILIATED TO
Irish Congress of Trade Unions
Europe Trade Union Committee for Education
Education International

INTO: Serving teachers and education

Oslo the Venue for the Homeless World Cup in 2025

The 2025 Homeless World Cup will take place on Saturday 23rd August – Saturday 30th August, 2025.

After the successful Seoul 2024 Homeless World Cup, attention now turns to the Norwegian capital, host city of the 20th Edition of the Homeless World Cup.

The tournament will be held at the iconic Rådhusplassen (City Hall Square) in August, and will be organised alongside our member country Norway, which is represented by The Salvation Army.

The city of Oslo hosted the Homeless World Cup in 2017 and it will be first time the tournament has been held in Europe since the Cardiff 2019 Homeless World Cup, after successful Homeless World Cups in the US and Asia (Sacramento 2023 and Seoul 2024).

Oslo was the first occasion Ireland brought a female team to compete in the women’s competition. It was a successful tournament for both our male and female teams with our men reaching the Q finals which was a tremendous achievement considering the level of competition while our female team gained just reward for their efforts by being awarded the best newcomers to the competition.

We are delighted to be able to announce that the Homeless World Cup foundation has accepted our application to enter a male & female team in this year’s

competition. Applications to participant in the Homeless World Cup are at an all time high such is the success of this World tournament and it is a tribute to the Irish Homeless Street leagues that our application has been accepted.



Ireland captains meet the crowd at the opening of the Homeless World Cup in Oslo 2017

Now the hard work begins from selecting a panel of players from our leagues from which the teams to represent Ireland will be chosen; we will be holding our all-Ireland finals in April after that process. And then the really hard work, fundraising to offset the costs of competing. We would

like once again to thank all who have supported us and continue to support us in our endeavours.

A Ball Can Change a Life

The documentary ‘**Street Leagues**’ featuring Colin Farrell which follows the Irish teams trials and tribulations in the Homeless World Cup in Oslo in 2017 can be viewed on YouTube, just go to search bar and type in Street Leagues or follow the link below.

Look at this documentary and the true meaning of -A ball can change a life – comes alive.

<https://www.youtube.com/watch?v=F2XvgBeWaQQ>

Alain Delon: *An Icon of French Cinema*

Shaun Anthony takes a look at the life of Alain Delon - one of the most recognisable figures in French and world cinema, who rose from less than ideal beginnings to become one of the most celebrated stars in film history.

Alain Fabien Maurice Marcel Delon, born on November 8, 1935, in Sceaux, France, remains one of the most recognisable figures in French and international cinema, an actor whose life story is as captivating as the dramatic roles he portrayed on screen. His journey from a troubled

childhood to international stardom and cultural iconography is marked by a unique blend of artistic brilliance and personal controversy.

The son of François Fabien Delon, a cinema projectionist, and Édith Marie Suzanne Arnold, a pharmacy assistant and theatre usher, Delon was drawn into the world of cinema from a young age. Yet, the challenges he faced during his formative years, punctuated by familial instability and emotional turmoil, would shape both his character and his career in profound ways.

Childhood: A Complex Foundation

Delon's early life was marked by upheaval. The divorce of his parents in 1939 fractured

his family structure, leading to his placement in foster care and eventually boarding schools. This feeling of abandonment profoundly impacted him, influencing his subsequent relationships and emotional outlook. Growing up during the turbulent years of World War

II further complicated his young life, leading to a yearning for structure amid chaos.

His passion for sports, particularly bicycle racing, provided a temporary escape and helped instill some semblance of discipline. However, frequent expulsions from school due to rebellious behaviour



led him to disengage from formal education by the time he was just 13. At 14 he went to work at

his stepfather's butcher shop but unable to take orders or deal with criticism, left the shop and joined the French Navy, where he served in the First Indochina War. Unfortunately, his rebellious conduct quickly emerged and he spent 11 months of his four-year term in a military

The tumult of his childhood forged a complex personality...

prison. He was dishonourably discharged in 1956 and went home to France to work a series of unskilled jobs.

A New Beginning

He drifted aimlessly until a chance meeting with actress Brigitte Auber in the vibrant district of Saint-Germain-des-Prés sparked a transformative journey into the film industry. Through Auber, he connected with influential figures in cinema, in Paris, he met with director Yves Allégret, who gave him his first screen role in “Quand la femme s’en mêle” (1957) where he portrayed a young hitman paid to murder the rival of a club owner (Jean Servais), an appropriate casting that would reverberate throughout his career. The tumult of his early life forged a complex personality that was deeply charismatic on screen, yet often reflecting the shadows of his past in his personal life.

The Ascent to Stardom

Delon’s meteoric rise began with his role in “Purple Noon” (1960)—adapted from Patricia Highsmith’s novel “The Talented Mr. Ripley”—that catapulted him to international fame. His portrayal of Tom Ripley, a morally ambiguous yet charismatic anti-hero, not only showcased his acting prowess but transformed him into a cinematic icon. Delon’s performances in films such as “Rocco and His Brothers” (1960), “Le Samourai” (1967), and “Monsieur Klein” (1976) solidified his position as one of Europe’s

leading actors, admired for his versatility. Alain Delon

was soon the leading man of choice for many of Europe’s most acclaimed directors,

Delon’s captivating screen presence, defined by his penetrating gaze and subdued intensity, endeared

him to audiences and filmmakers alike, establishing him as an international sex symbol. However, the complexity of his private life contrasted sharply with his public persona, as he navigated tumultuous relationships and personal struggles that often took centre stage in public discourse.

A 1969 scandal involving the murder of his former bodyguard, Stefan Markovic with inquiries into the killing uncovering links between the actor and many members of the European criminal world, as well as shocking links to political figures like the wife of French Prime Minister Georges Pompidou. Delon was frequently held for questioning in regard to the case, but was ultimately acquitted; nevertheless, many in the industry believed that his association with Markovic would destroy his livelihood - yet to the surprise of many, Delon became even more popular amongst French

movie lovers, who felt that his connections to the criminal underworld gave a touch of authenticity to

Dashing as ever in Le Samourai



Celebrating his 20th birthday in a military prison marked a turning point, prompting deep reflection that would reverberate through many of his future roles.



his many gangster roles! Delon quickly took advantage of the notoriety by starring in a string of well-received crime flicks, including “The Sicilian Clan” (1969) and “Borsolino” (1970), which teamed him with French movie idol Jean-Paul Belmondo. Delon also produced many of these films through his company, Delbeau Productions, and even had a pop hit with a 1973 duet with Dalida of the ballad “Paroles, paroles.”

Although he had many offers from Hollywood except for the steely neo-noir “Once a Thief” (1965), playing a reformed criminal pursued by the law (Van Heflin) and the mob (Jack Palance) and Scorpio (1973) his Hollywood attempts were mostly lustrous, empty affairs that made little impact, he never felt too comfortable with the English language and preferred the European scene.

A Redirection of Focus

In the eighties advancing age, not to mention the costly failure of the movie “The Passage” in 1986, forced Delon to give much thought to his future projects. He decided to direct his focus toward a popular line of products that bore his name - from perfume and cigarettes to sunglasses - that became the embodiment of cinematic cool after Chow Yun-fat wore a pair in John Woo’s epic crime drama “A Better Tomorrow” (1986). There were still film projects, but he announced his retirement from acting after Patrice LeCompte’s “Un chance sur deux” (1998), an action movie that reunited him with Belmondo, bombed at the box office. He did return now and then over

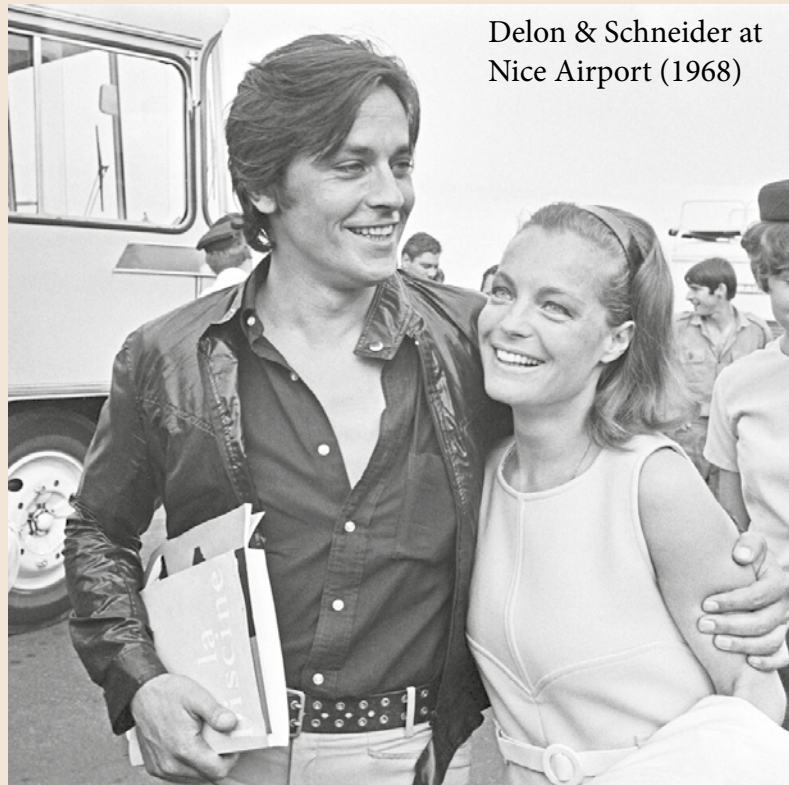
the next decade and also received countless honours for his lifetime of film work, including an Honorary Golden Bear in 1991 from the 45th Berlin International

Film Festival, as well knighthood from the Legion of Honour that same year. In 1995, he was made an Officer of the National Order of Merit, while in 2005, his knighthood was promoted to the next highest class, that of Officer.

Personal Life, Relationships, and Family Feuds

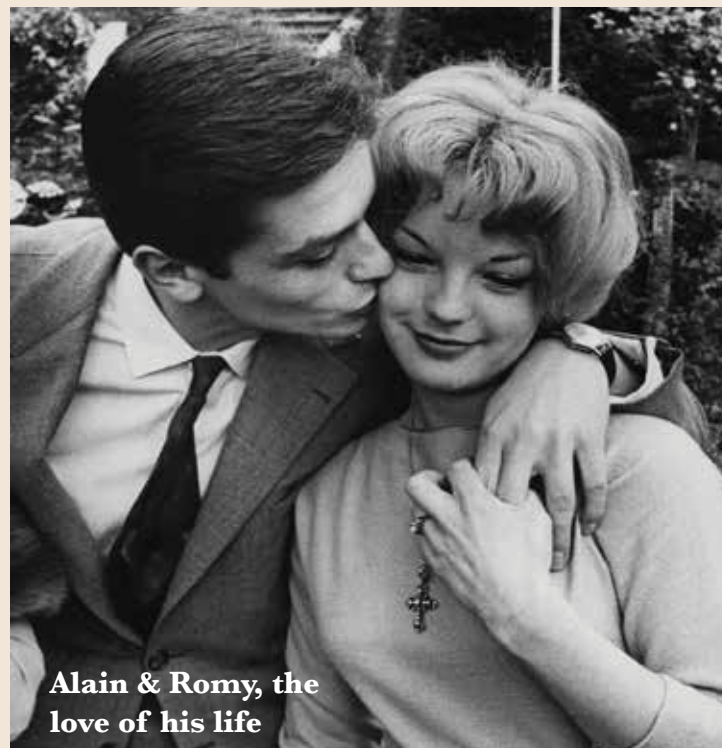
Delon’s high-profile romances, particularly with actress Romy Schneider, whose passionate yet turbulent relationship with him became fodder for tabloids and public scrutiny. Their love affair was marked by emotional highs and lows, and even after their separation in 1964, Delon’s nostalgic feelings for Schneider lingered throughout his life. He often lamented that she was truly the love of his life, suggesting a depth of sentimentality that belied his tough exterior.

Later relationships, including those with Nathalie Barthélémy and Dutch model Rosalie van Breemen, resulted in children—Anthony, Anouchka, and Alain-Fabien. However, the dynamics within his family became increasingly strained in his later years, particularly as health issues arose. Public feuds erupted, notably concerning the management of his estate and care in



Delon & Schneider at Nice Airport (1968)

..he often negotiated distribution rights for films, reshaping how actors could engage with the industry.



Alain & Romy, the love of his life

the wake of a stroke he suffered in 2019. His son, Alain-Fabien, and daughter Anouchka were publicly embroiled in disputes over their father's well-being, often under the scrutiny of the media. These revelations hinted at a family discord that contradicted the glamorous image Delon had cultivated throughout his career.

The Cannes Controversy and Public Backlash

In addition to family disputes, Delon faced significant public backlash, notably during the Cannes

Film Festival in 2019. While receiving an Honorary Palme d'Or, he made inflammatory remarks that ignited controversy, particularly around women. He expressed antiwoke views on gender dynamics in the film industry, suggesting a preference for "classic" femininity and traditional roles for women. His statements were met with considerable outrage from activists, feminists, and many in the film industry who perceived his comments as indicative of harmful, outdated attitudes toward women.

Critical Acclaim and Recognition

Despite controversy, Delon's contributions to cinema were profound and widely acknowledged. His breadth of talent was recognised through numerous awards, including the César Award for Best Actor in 1985 for "Notre histoire." His pioneering approach to the business side of filmmaking was also groundbreaking; he often negotiated distribution rights for films, reshaping how actors could engage with the industry. Many artists cite him as a foundational influence, drawing upon the motivations and character types he popularised, particularly within the realm of the anti-hero.

Cultural Legacy and Influence

In popular culture, Delon's image has been appropriated in fashion and art, inspiring campaigns and instilling a

sense of glamour often tied to his persona. His figure has been romanticised in music and visual art, reinforcing his status as a cultural icon whose essence continues to resonate.



At Cannes in 2019

Health Struggles and Reflections

Despite his immense achievements, Delon navigated a series of health challenges in later years. Following his stroke in June 2019, the actor withdrew from public life, leading to increased media speculation about his health and

personal circumstances. Further treatment for lymphoma compounded these issues, revealing a frail side to the actor known for his robust screen presence.

Conversations around his health were tangled with public scrutiny regarding family dynamics. It is known that Alain favoured his daughter Anouchka,

"I have a daughter who is the love of my life, perhaps a little too much with regard to the others," he said in 2018 during an interview.

His brooding presence and complex character portrayals have influenced a myriad of filmmakers, including iconic directors like Quentin Tarantino and Martin Scorsese.

The Final Curtain

Alain Delon passed away peacefully on August 18, 2024, at the age of 88 in his Douchy home, marking the end of an extraordinary chapter in the annals of cinema. The news of his death reverberated across the globe, leading fans, fellow actors, and public figures to pay tribute to a man whose contributions to film shaped an entire generation. Delon left 50% of his estate to his daughter with the other 50% divided between his sons.

French President Emmanuel Macron's sentiment that Delon was an "eternal icon of the seventh art" summarised the public's enduring reverence for him. His legacy—one marked by both artistic brilliance and personal complexities—ensures that he will forever remain a significant figure in cinematic history.

King of the Jungle

The fast, furious, and brutally short life of an African male lion.

The death of a lion in Kenya's picturesque savannas rarely tugs at people's hearts, even in a country where

wildlife tourism is a key pillar of the nation's economy. But when one of the most tracked male lions in Kenya's famous Masai Mara was killed on 24 July 2023 the world took notice. Known as Jesse, he was killed during a fight with



a coalition of three male lions from a rival pride, drawing attention to the brutally risky and dangerous lives of male lions.

Lions are organised in family groups known as a pride. Each pride is comprised of several related lionesses. One or more adult male lions will also be present. In the public imagination, male lions are better known by their popularised image as kings of the jungle. Their bravery, strength, and size (only tigers are larger) fits this profile.

But in reality, male lions live a life far more vulnerable. One in two male lions die in the first year of life. From the moment a male lion is born it faces a gauntlet of challenges – from snakebite and hungry hyenas to

infanticide at the hands of other male lions.

If a male lion makes it out of their first year of life, and then to independence at around 3, they leave their pride for a period of nomadism. Nomads lead a dangerous existence, skirting the territories of established male coalitions. Out there on their own, few

will make it to the age of 10.

One in two male lions die in the first year of life

At no time, it seems, is the male lion safe. We know from the evidence collected by the Kenya Wildlife Trust, resident guides, and tourists that Jesse administered and received many beatings from other male lions. We also know that Jesse, who lived to the ripe old age of 12, was eventually killed by three younger, stronger lions. Life comes full circle: killers frequently become victims themselves, of younger, brasher lions, or those in larger and thus more powerful coalitions.

We are three researchers with over 50 years of combined experience in big cat ecology, conservation, and the complexities of people and wildlife living together.

We base our commentary on the extensive information gathered by conservation organisations, independent scientists and tourism guides working in the Maasai Mara. Information on Jesse has been collected mainly through sightings data compiled by these entities over time.

Often the survival of male lions will be dictated by the size and strength of their coalitions, and the make up of the lion landscape at large. This sometimes has bearing for conservation especially when lions

stray out of national parks or when male lions are hunted after leaving the safety of a protected area.

The trials of a young lion

A young male lion's biggest threat is his exposure to other male lions that aren't their father or uncle. A host of studies from the Serengeti in Tanzania to Zimbabwe show that the most significant single cause of lion mortality in the first year of a lion's life is attributed to other male lions that kill them during infanticide.

This involves incoming males seeking out and killing the cubs of other males or driving young males away, and attempting to take over prides. Killing cubs accelerates the onset of oestrus in pride females and so is likely to increase the reproductive success of incoming



males. Most lions that get pushed out of their pride when very young don't survive.

Cubs that survive to independence – around 3 years of age – must leave their pride for a period of nomadism. During this time, they join up with cousins, brothers, and sometimes unrelated males of similar age to form what biologists term 'coalitions'.

The power of coalitions increases dramatically with the size of the group. This power can be defined by the number of different

prides these coalitions are likely to rule, the number of offspring they will sire, and the number of times they will successfully be able to

defend their prides from

violent incursions from neighbouring male lions and their coalitions.

The trade off of larger coalitions is a watering down of a male lion's

reproductive opportunities.

Mate, protect, fight. These are the three tenets most male animals live and die by in the animal kingdom

Examples of such powerful coalitions include the six-strong Mapogo, and five-strong Majingilane from South Africa. There is also the Lake Quintet coalition from Ngorongoro Crater in Tanzania.

Contrastingly, Jesse had only one coalition mate, a lion known as Frank. The two were strong enough to kick out the duo of Dere and Barrikoi from the Offbeat pride in May 2014. After his coalition mate Frank disappeared,

Jesse left the Offbeat Pride and led a largely nomadic lifestyle except when he unsuccessfully tried to take over the Rakero pride and even fought with his own son Jesse 2.

Three laws of the wild

Mate, protect, fight. These are the three tenets most male animals live and die by in the animal kingdom and this could not be truer for male lions. When male lions are in the prime of their lives somewhere between 5 and 9 years of age they will attempt to have as many cubs as they can. And they will do their best to protect and guard over as many prides as possible.

But there is a fine line between holding tenure over many different prides, and successfully being able to defend them and their young. When fights do breakout between male lions they are usually over territorial and breeding rights.

At times they are mere squabbles between coalition mates. At other times, the battles are big enough to cause rifts and splits within coalitions. But in most cases fights are between rival coalitions. During these fights lions engage in a suite of bodily and olfactory engagements including posturing, roaring and growling, swatting, and biting, and even urination and territorial demarcation.

For conservation: look to the lionesses

When it comes to the conservation of the lion species it is important to look to the lionesses. They are the sentinels of a populations health, specifically the number of animals in a group, and more importantly the ratio of lionesses to lions. Healthy populations can expect ratios of roughly 2 females for every male, but when under pressure due to poaching, killings by cattle farmers and a loss of prey these ratios invert towards males.

The story of Jesse highlights how, in spite of their status as king of the beasts, lions are vulnerable. While in this instance, the cause of death was another lion, much more commonly, lions die at the hands of humans. This can be through being shot or poisoned to protect livestock, being poached for their body parts or being caught as by-catch in traps and snares set for other animals by bushmeat poachers.

On the plus side, the fascinating pride dynamics and trials and tribulations of individual lions can help capture



the public's imagination and foster a love for the species and other wildlife. Although human pressures are high, Kenya retains a large lion population and a suite of iconic wildlife

areas. These assets are a great source of pride for many Kenyans, and rightly so.

The story of Jesse highlights how, in spite of their status as king of the beasts, lions are vulnerable.

Authors:

Alexander Richard Brackowski
Research Fellow at the Centre for Planetary Health and Resilient Conservation Group, Griffith University

Duan Biggs Professor and Chair, Southwestern Environmental Science and Policy, Northern Arizona University

Peter Lindsay Research associate, Griffith University

First published on The Conversation.

Jokes

Because laughter is
the best medicine!



At the height of a political corruption trial, the prosecuting attorney attacked a witness. "Isn't it true," he bellowed, "that you accepted five thousand dollars to compromise this case?"

The witness stared out the window, as though he hadn't hear the question.

"Isn't it true that you accepted five thousand dollars to compromise this case?" the lawyer repeated. The witness still did not respond.

Finally, the judge leaned over and said, "Sir, please answer the question."

"Oh," the startled witness said, "I thought he was talking to you."

"Do you believe in life after death?" the boss asked one of his employees.

"Yes, Sir." the new recruit replied.

"Well, then, that makes everything just fine," the boss went on.

"After you left early yesterday to go to your grandmother's funeral, she stopped in to see you."

A couple drove down a country road for several several miles, not saying a word. (An earlier discussion had led to an argument and neither of them wanted to concede their position) As they passed a barnyard of mules, goats and pigs, The husband asked sarcastically,

Relatives of yours?

Yep? The wife replied, in-laws.

A British doctor says, "Medicine in my country is so advanced that we can take a kidney out of one man, put it in another man, and have him looking for work in six weeks."

A German doctor says, "That's nothing. We can take a lung out of one person, put it in another man, and have him looking for work in four weeks."

A Russian doctor says, "In my country, medicine is so advanced we take half a heart out of one person, put it in another man, and have both of them looking for work in two weeks."

The American doctor, not to be outdone, says, "You guys are way behind us. We took a man with no brain out of Florida, put him in the White House, and now half the country is looking for work."

Perks of reaching 60 and heading towards 70!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run--anywhere.
4. People call at 9 pm and ask, did I wake you?
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 pm.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room..
13. You sing along with elevator music.
14. Your eyes won't get much worse..
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.

Finnegin: My wife has a terrible habit of staying up 'til two o'clock in the morning. I can't break her out of it.

Keenan: What on earth is she doin' at that time?

Finnegin: Waitin' for me to come home.

Scientists did a research project to get an accurate tally of how many lawyer jokes there actually are. What was their final count...?

Three.....

All the rest are true stories!

Screen Scene

The Electric State***

Starring: Chris Pratt, Millie Bobby Brown
Run Time: 120 mins
Streaming: Netflix
Available: 14th March

House of David ***

Starring: Michael Iskander, Ali Suliman
Run Time: 8 x 97 mins
Streaming: Prime Video
Available: Currently

“The Electric State,” directed by the Russo brothers, is a visually stunning sci-fi adventure starring man of the moment Chris Pratt and Stranger Things star Millie Bobby Brown. Set in an alternate 1997, the film follows the journey of a young girl, played by Brown, who travels across a dystopian landscape in search of her missing brother. Pratt portrays a disillusioned, yet rugged, drifter who reluctantly becomes her protector. The film is a feast for the eyes, blending striking visuals and a haunting atmosphere with its retro-futuristic aesthetic. The world-building is impressive, immersing viewers in a gritty environment filled with abandoned cities and ominous technology. Pratt shines with a nuanced performance that balances grit and tenderness as he guides Brown’s character through her harrowing quest. While the storyline occasionally dips into predictability, the emotional core and the dynamic between the lead characters keep audiences invested. The score complements the visuals beautifully, enhancing the overall experience. Well worth a watch if you like your sci-fi.

“House of David,” is a captivating and immersive drama that delves into the complexities of faith, community, and personal redemption. Set against the backdrop of a storied religious sect in the early 20th century, the film follows the lives of its members as they navigate the intricacies of belief and the challenges posed by the outside world. The performances are noteworthy; the cast delivers nuanced portrayals that bring depth to their characters’ struggles and triumphs. While the pacing can occasionally feel slow, the buildup is ultimately worth it, leading to a powerful and thought-provoking climax. The film invites viewers to reflect on their own beliefs and the impact of community on personal choices. Overall, a beautiful and compelling narrative that resonates with anyone who’s ever grappled with the complexities of faith and belonging. It’s a cinematic experience that lingers long after the credits roll, making it a must-watch for fans of profound, character-driven storytelling. Highly recommended!



Disney's Snow White ***½

Starring: Gal Gadot, Rachel Zegler
Streaming: At cinemas.
Run Time: 123 mins
Available to watch: 21st March

Disney's live-action adaptation of "Snow White," featuring Rachel Zegler as the titular character and Gal Gadot as the Evil Queen, breathes new life into a classic tale. Zegler delivers a captivating performance, embodying Snow White's innocence and resilience with both grace and strength. Her vocal talents shine in the film's musical numbers, bringing a fresh interpretation to beloved songs while adding new layers to her character's journey. Gadot, on the other hand, is magnetic as the Evil Queen. She balances malevolence with moments of vulnerability, crafting a more rounded antagonist. The film explores the Queen's motivations, providing depth that enriches the narrative. The direction skillfully weaves themes of empowerment and self-discovery, making it resonate with contemporary audiences. While some purists may miss the classic elements, this adaptation offers enough charm and innovation to stand on its own.



Extrapolations **½

Starring: Meryl Streep, Sienna Miller
Streaming: Apple TV+
Run Time: 8 x 60 mins.
Available to watch: 17th March

"Extrapolations" on Apple TV+ is a thought-provoking and visually stunning anthology series that explores the human impact of climate change. The show's unique approach, weaving together eight interconnected stories set across multiple timelines, is both ambitious and effective. The all-star cast, including Meryl Streep, Sienna Miller, and Kit Harington, deliver powerful performances that bring depth and nuance to the complex characters. Each episode tackles a different aspect of the climate crisis, from rising sea levels to devastating natural disasters, and the show's writers do an excellent job of balancing science and emotion. The series is not afraid to confront the harsh realities of climate change, but it also offers glimmers of hope and resilience. The show's cinematography is breathtaking, with stunning visuals that bring the devastating consequences of climate change to life. Overall, this is a must-watch for anyone concerned about the future of the planet.





Is í ár dteanga féin í.
It's our language.

 Foras na Gaeilge

BAILE ÁTHA CLIATH · BÉAL FEIRSTE · RÁTH CHAIRN · DÚN SEACHLAINN · GAOTH DOBHAIR

forasnagaeilge.ie

gaeilge.ie



A LITTLE BIT OF IRISH

PHRASE	TRANSLATION	PRONUNCIATION
It's almost Spring	Tá sé beagnach tEarrach	Ta say beeg na jeer ah
It's almost Easter	Tá sé beagnach Cásca	Ta say beeg na cas-ca
Let's buy Easter eggs	A ligean ar a cheannach uibheacha Cásca	A li-jay-on-ar-a-chay-an -uk u-i-beecha casca
It's time to plant the seeds	Tá sé in am na síolta a phlandáil	ta say an um na si-ol-tay flan-dail
I'd like a latte	Ba mhaith liom latte	Boi am haith le-um latte
I'm going to Belfast	Tá mé ag dul go Béal Feirste	Ta may ag dul go be-al fear sta
I'm busy	Tá mé gnóthach	Ta may go noth atch
I'm going to Spain	Tá mé ag dul go dtí an Spáinn	Ta may ag dul go de-it-t in Spain
I'm watching TV.	Tá mé ag féachaint ar an teilifís	Ta may ag fay-ching ay-ar an ti-life-as

Word Power

Over the next few issues we'll be attempting to increase your word power. Have a look at the words below and afterwards see if you know their meaning.

Word	Pronunciation	Answers
1. Pseudonym	SOO-də-nim	1. A fictitious name, especially one used by an author; a pen name.
2. Lugubrious	loo-GOO-bree-uhs	2. Looking or sounding sad and dismal; mournful in an exaggerated or affected manner.
3. Perspicacious	pur-spi-KAY-shuhs	3. Having a ready insight into and understanding of things; shrewd or perceptive.
4. Ineffable	in-EFF-uh-buhl)	4. Too great or extreme to be expressed in words; indescribable.
5. Ethos	EE-thos	5. The characteristic spirit or values of a culture, community, or individual.
6. Sagacious	suh-GAY-shuhs	6. Having or showing keen mental discernment and good judgment.
7. Inscrutable	Inskoot-u-bul	7. Impossible to understand or interpret; enigmatic.
8. Inimitable	in-IM-i-tuh-buhl	8. So good or unusual as to be impossible to copy
9. Ennui	ahn-WEE	9. A feeling of listlessness and dissatisfaction
10. Torpid	TOR-pid	10. Inactive or sluggish.
11. Nefarious	nuh-FAIR-ee-uhs	11. Wicked or criminal.
12. Farrago	fuh-RAH-goh	12. A confused mixture; a hodgepodge or medley of different elements.

How did YOU score?
 10 or more - Perfection!
 6-9 Brilliant.
 3-5 Well done.
 0-2 Must do better.

TADHG BARRY

REBEL AND REVOLUTIONARY

Tadhg Barry’s life was characterised by his deep sense of Irish identity and his commitment to the cause of Irish independence. *Liz Scales reports.*

“My heart will flutter like your wings, Unceasing ‘gainst the bars, That kills the joy that summer brings, And on my spirit jars; For tyrant laws have buried me, Away from home and friends, But still pride that is for thee, Dear Erin, makes amends.” A Butterfly in the Gaol (extract) by Tadhg Barry

Tadhg Barry is a notable yet often misunderstood figure in our history, emblematic of the tumultuous period in the early 20th century. He played a multifaceted role in the political life of Ireland, was involved in various revolutionary activities, and his life was marked by a combination of political loyalty, personal sacrifice, and ultimately tumult. Barry’s legacy is a complex tapestry woven from threads of loyalty and treason, shedding light on the precarious nature of national identity during a time of great upheaval.



Lady’s Asylum for four years before pursuing his passion for journalism, which led him to become a staff writer for the newly established Cork Accent in 1909. From 1910 to 1916, he was employed at the Cork Free Press, a newspaper that competed with the pro-Home Rule Cork Examiner.

Barry was enthusiastic about the Gaelic Athletic Association and covered hurling and camogie using the pen name “An Ciotóg,” which translates to “the left-hander” or “the clumsy one.” He served as a delegate on both county and national GAA boards, acted as a referee, and coached the first camogie team in Cork and in 1916 authored the first book on hurling, titled “Hurling and How to Play It.”

Early Life and Personal Background

Born in 1880 in County Kerry, Tadhg Barry belonged to a working-class family steeped in Irish culture and language. From a young age, he exhibited a keen interest in politics and the issues facing Ireland. An educated man, he attended the Blarney Street National School and later the North Monastery (commonly known as The Mon) where he displayed a strong inclination towards public service. After completing his education, Barry worked at Our

...he was arrested by British authorities for delivering a “seditious speech”

In the early 1900s, Barry became increasingly involved in politics. Around 1906, he co-founded and served as secretary for the Cork Branch of Sinn Féin, while also becoming a prominent member of the Cork Branch of the Irish Transport and General Workers’ Union (ITGWU). By 1911, he was working alongside notable Cork nationalists Tomas MacCurtain and Sean O’Hegarty as part of Fianna Éireann, a Boy

Scout organisation with an Irish nationalist perspective. Drawing from his Fianna experience, he helped establish the Cork Corps of the Irish Volunteers in 1913, an armed group organised to oppose the Ulster Volunteers if they attempted to resist Home Rule. In 1914, when the Volunteers divided into two factions, Barry sided with the rump Volunteers, who pledged not to fight for the British Empire during World War I but to remain focused on issues in Ireland.

Barry shared the platform with James Connolly on two occasions in Cork and participated in the 1916 Easter Rising in Dublin. In 1917, he was chosen as a Cork delegate to the historic Sinn Féin convention in the Mansion House, a meeting aimed at unifying the burgeoning nationalist movement to advocate for an independent Irish Republic free from British rule. That same year, he was arrested by British authorities for delivering a “seditious speech” and was incarcerated until he was released following a hunger strike.

Upon release, Tadhg had several collections of his poetry published including Songs and rhymes of a Gaolbird and was employed by the Southern Star to write a weekly column

Political Life

On 30th January 1918, Barry was arrested in the Cork city council chamber and charged as a conspirator in the alleged German Plot, which British authorities claimed involved Sinn Féin members colluding with the German Empire to smuggle firearms into Ireland. Other Republicans were arrested across Ireland but he was the only one in Cork.

After his release in 1919, he became the full-time Branch Secretary for the ITGWU in Cork and was involved in the Irish soviets, a series of strikes by rural workers (including the Dock’s Strike of 1920) predominantly in Munster. He also fought relentlessly for farm labourers in their plight to receive a decent living wage and was a voice for the voiceless.

In 1920, he was elected as an Alderman in Cork, placing

him in a position of influence alongside the newly appointed Lord Mayor Tomas MacCurtain and MP Terence MacSwiney.



The year 1920 was particularly turbulent in Cork due to the Irish War of Independence. On 20th March Tomás MacCurtain, now an officer in the newly formed IRA, was assassinated in front of his wife and kids by members of the Royal Irish Constabulary, sparking widespread unrest across the province. Terence MacSwiney succeeded MacCurtain as Lord Mayor, only to pass away in October following a hunger strike in protest of his own arrest—a death that garnered national and international attention, especially in the U.S. Shortly after MacSwiney’s death, Cork suffered the devastating Burning of Cork in December, when members of the Black and Tans set the city ablaze in retaliation for IRA actions. Among the many structures damaged or destroyed was the ITGWU’s Connolly Memorial Hall, the headquarters of the Labour Movement in Cork.

Imprisonment

Following the death of MacSwiney, the municipal bodies of Cork convened to elect a new Lord Mayor, however, this gathering was marked by the arrest of

Barry and eight other councillors, who were taken into custody.

Barry was transported to the Ballykinlar internment camp in County Down, where he was joined by approximately 2,000 other

Irish nationalists, including notable figures such as Seán Lemass and

Peadar Kearney. During his internment, Barry attempted to maintain a sense of purpose by teaching Irish to his fellow prisoners and promoting socialist ideologies. He also made a bold statement by flying a Red flag over his quarters, which was met with disapproval from his jailers.

Tragically, Barry’s life was cut short. On 15th November 1921 he was shot and killed by a young sentry guard, Private A. Barrett, who claimed that Barry had been trying to escape. All evidence suggests this was a complete and utter lie. As was customary on the occasions of the releases of internees, those left behind

A secret report by the army’s 6th Division described Barry as a “mischievous socialist, Bolshevik, or Sinn Féiner” and an “utter disloyalist.”

assembled in the compound to give their comrades a hearty send-off, which was accompanied by cheering and waving of hats and handkerchiefs. On the day in question, Tadhg had stood on an old bucket to get a good look at his parting comrades and was waving his handkerchief when a solitary shot was fired, knocking him to the ground.

Blood poured from his side as he lay gasping on the ground. Private A. Barrett stood firm on his belief that Barry tried to escape, but one eyewitness account (and there were many), from Seán D. MacLochlainn, who was standing next

to Barry at the time of the shooting, said that he was simply joining in on the celebrations, waving farewell to the departing inmates when he was asked to step back. Barry had refused and MacLochlainn claimed the refusal had led to Barrett losing his temper and pulling the trigger. Two other prisoners, Tormey and Sloane, were also shot during the incident.

One of the released men (who was 14 yards from the barbed wire) believed that because Barry was “standing on something, and was head and shoulders over the other fellows” he had in “this prominent position marked himself out as a target.”

Coroner’s Inquest

The investigation into Barry’s death was marred by controversy, with the coroner’s inquest yielding inconclusive results and the subsequent trial ending in a hung jury. The British authorities failed to produce key witnesses, including the sentry guard and his superiors, for cross-examination. A secret report prepared by the army’s 6th Division described Barry as a “mischievous socialist, Bolshevik, or Sinn Féiner” and an “utter disloyalist.”

A Nation in Grief

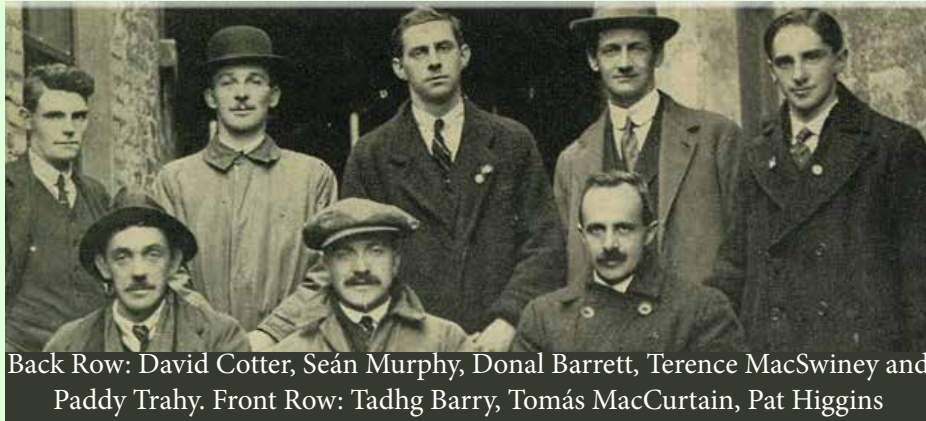
The news of Barry’s death sent shockwaves throughout the nation, and thousands of people turned out to pay their respects as his funeral cortege made its way to

Dublin. On 19th November a crowd of 30,000 marched alongside the coffin, including prominent figures such as Michael Collins and Cathal Brugha (who would soon become civil war enemies), who had left the ongoing Anglo-Irish Treaty negotiations to attend the funeral. As the train carrying Barry’s body passed through Kilmallock,

County Limerick, a group of 300 creamery strikers and supporters marched through the town under the Red flag.

Barry’s death was one of the last during the Irish War of Independ-

ence, and it occurred just weeks before the ratification of the Anglo-Irish Treaty on 6th December 1921. Today, Barry is buried in St. Finbarr’s Cemetery, Cork, a testament to his enduring legacy as a champion of Irish nationalism and socialism.



Back Row: David Cotter, Seán Murphy, Donal Barrett, Terence MacSwiney and Paddy Trahy. Front Row: Tadhg Barry, Tomás MacCurtain, Pat Higgins

Barry’s funeral was a grand affair, with an estimated 30,000 people in attendance.

Why Tadhg Barry is Largely Forgotten in the Annals of History

Despite being the last high profile victim of the British forces during the War of Independence, Tadhg Barry is a forgotten hero. How did this happen? How could someone so charismatic and passionate for the plight of the marginalised and mistreated be overlooked? It seems most likely that it’s down to the timing of his death as the Anglo Irish Treaty was signed three weeks later (to the very day) and this dominated the public’s attention - and the united movement that had elevated him to hero and martyr status was quickly destroyed in the Treaty split so perhaps his legend just disappeared in the fracas of the Civil War.



Tadhg Barry should be remembered for his dedication to the ideals of republicanism, social justice and Irish freedom - and as a voice for those who had little to no agency.



Proud Supporters of Ireland's Big Issue and Homeless Street Leagues



Campaigning for:

- Investment in education
- Inclusive education
- Quality education

www.asti.ie

info@asti.ie

01 6040160



Welcome Home...

Share the taste of home with Manor Farm Chicken,
a part of great Irish traditions since 1775.

MANOR FARM, SHERCOCK, CO. CAVAN. TELEPHONE: 042 9691100 EMAIL: info@manorfarm.ie

Ireland's Great Art Masquerade

Returns Bigger & Better than Ever

It's the art sale that has attracted the support of such legends as Bruce Springsteen, Bono, Tracey Emin and Philip Treacy.

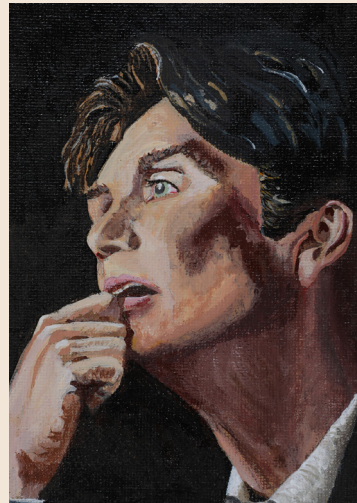
In aid of the Jack and Jill Children's Foundation, what's so intriguing about incognito is that the buyer has no idea who the artist behind the more than 3,500 artworks is, until the sale is over. The thrill is all in the anticipation.

This year sees incognito return to its real-world roots, with half of the collection featuring in the incognito gallery and the other half available exclusively online.

Each postcard-size artwork costs €70 and it will be a case of first-come, first-served, for the Gallery Sale, and fastest-finger-first for the Online Sale, as to who gets what.

The incognito Gallery Sale takes place in Charlemont Square, Dublin 2, on Friday and Saturday, April 11 & 12, and the incognito Online Sale will go live at www.incognito.ie on Wednesday, April 16, from 8am.

2025 marks the ninth year of the incognito art sale, which to date has raised over €1.2 million in funds to support vital in-home nursing and respite care provided by the Jack and Jill Children's Foundation. Today, Jack and Jill supports 420 families caring for



children in communities across Ireland.

Best of Both Worlds

Incognito curator Lucinda Hall believes this year's hybrid art sale will delight both artists and buyers alike:

"It's thrilling to be able to offer the best of both worlds, so that those who cannot make it to our incognito Gallery, can still be part of the excitement by purchasing their selected artworks from our online gallery the following week. With more postcards than ever before, this year's collection is guaranteed to capture the imagination—the quality is genuinely fantastic!"

According to Deirdre Walsh, CEO of the Jack and Jill Children's Foundation, each artwork sold will make a meaningful difference for Jack and Jill families:

"Ultimately, it's Jack and Jill families who will benefit from this novel art sale. With incognito, people are not only buying an original piece of art that they love, but for each artwork purchased they are also making a much-needed donation of €70 to the Jack and Jill Children's Foundation to fund vital in-home nursing and respite care for children across the nation, and that is truly priceless."

Both the Gallery and Online Sale collections can be previewed from Wednesday, March 19 at www.incognito.ie

Patricia Scanlan's Book Club



Patricia Scanlan was born in Dublin, where she still lives. She is a #1 bestselling author and has sold millions of books worldwide. Her books are translated in many languages. Patricia is the series editor and a contributing author to the award winning Open Door Literacy series.

This issue, Patricia brings her favourite books of the moment.

The Ghosts Of Rome – Joseph O'Connor – Harvill Secker

February 1944. Six months since Nazi forces occupied Rome. Inside the beleaguered city, the Contessa Giovanna Landini is a member of the band of Escape Line activists known as 'The Choir'. Their mission is to smuggle refugees to safety and help Allied soldiers, all under the nose of Gestapo boss Paul Hauptmann. During a ferocious morning air raid a mysterious parachutist lands in Rome and disappears into the backstreets. Is he an ally or an imposter? His fate will come to put the whole Escape Line at risk. Meanwhile, Hauptmann's attention has landed on the Contessa. As his fascination grows, she is pulled into a dangerous game with him – one where the consequences could be lethal.



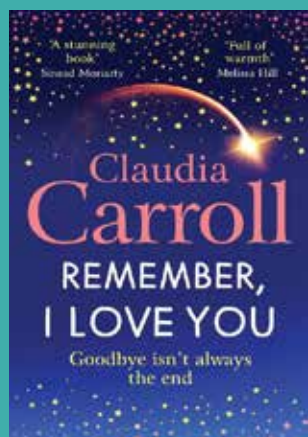
May All Your Skies Be Blue – Fiona Scarlett – Faber & Faber

He's leaning in. I'm leaning in. 'The future is ours to make, Shauns,' he says, lips almost touching. Summer, 1991. Dean: sun-stung and sticky with cool ice-pop juice, walks to the middle of The Green to get a good gawk at the new salon. And at the owner's kid. Hands deep in his pockets, his jet-black mop of hair hides the tension in his face at the thought of going back home. Shauna: stands well hid behind her ma - her eyes dark and haunted like the rest of her. The salon is theirs, a fresh start. The smell of her ma's Body Shop perfume clings to her jumper - Shauna can't be anywhere else other than here. Instantly inseparable, their friendship blooms. But as time passes and tell-tale blushes and school fights develop into something deeper, conflicting responsibilities threaten to pull Shauna and Dean apart. When all seems lost, will they find each other under the same blue sky?



Remember, I Love You – Claudia Carroll – Boldwood Books

Recently-widowed father of one Luke is desperate for a sign. Since his beloved wife Helen passed, Luke and six-year-old Amy are just about keeping the show on the road, but he'd do anything to have Helen near him again. Connie's much-missed mum was everything to her daughter. A friend, a cheer-leader, a comfort, and the best housemate Connie ever had. What she wouldn't give to speak to her one more time... Teenage twins Alex and Lucy both miss their dad desperately but neither have the words to put it right. In the heart of Dublin, a quiet community is forming, drawn together by the loved ones they have lost, but kept together by friendship and laughter. As Luke, Connie, Alex, Lucy and the other patrons of the Leeson Street Café learn to smile again, none of them are quite ready for meeting the person who may be able to make all their dreams come true. Because if you love and listen hard enough, goodbye might not be the end.



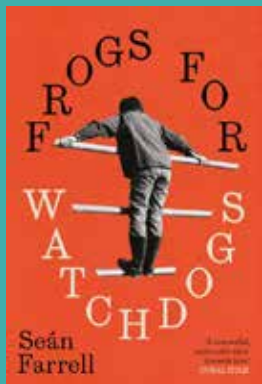
The Guilty Girl – Patricia Gibney – Bookouture

Something whistling through the door behind her caused her to turn. A shadow spread across the opening. She clasped a hand to her mouth, stilling the fear that was rising. The menacing shadow was followed by a face that sent a cold shiver down her spine... When the call comes in about Lucy, a seventeen-year-old girl murdered after the secret party she held in her parents' home, Detective Lottie Parker is first on the scene. As Lottie breaks the news to Lucy's heartbroken parents and the devastated partygoers, she discovers that hours before her death Lucy had revealed a terrible secret about her friend Hannah. And when Lottie finds Lucy's bloodstained clothing hidden in Hannah's bedroom, she has no option but to bring her into custody. But Hannah claims to have no memory of the night Lucy died and as Lottie investigates further, she discovers something shocking. Her own son Sean was at the party. Why did he lie to her? Is her beloved child a witness or a suspect... or in the killer's sights?



Frogs for Watchdogs – Seán Farrell – New Island Books

A wild child with a ferocious imagination will stop at nothing to protect his family. After years of moving from place to place, a young family finds shelter in an isolated house in the Irish countryside. Their father is missing, Mum is a healer and B a formidable big sister. In his strange new territory, a wild little boy gives voice to his experience. Jerry Drain, a local farmer, is stealing hay from the barn, someone is making nasty phone calls to the house at night and darkness is gathering at the edges of their lives. With his ferocious imagination the boy will do everything in his power to protect his family. But Jerry will not go away and Mum seems to be falling under his spell. It will be a year of major wins and baffling defeats for the boy, as Jerry's true nature insists on revealing itself. Dark, funny, tender and raw, Frogs for Watchdogs thrums with the intensity of childhood. Above all, it is an ode to the blended family: the bewildering joy, wary safety and profound new bonds of love.

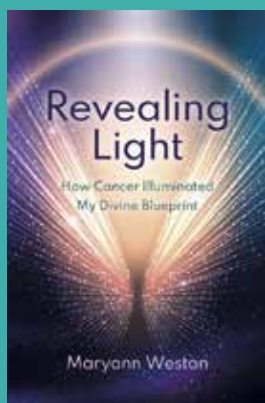


Moving On – Roisin Meaney – Hachette Books Ireland

Three great loves. Two very different countries. One step closer to finding her way home...As a new decade begins, hopeless romantic and big dreamer Ellen is finally moving on from her hometown. In Galway she takes a job in a bookshop, and somewhere between the dusty bookshelves and the quiet afternoons, a bookseller named Ben finds a place in her heart. Fast forward, and the bright lights (and cosy flats) of London are calling Ellen's name. There she meets Leo, a charming, attentive city banker who's everything she's ever wanted. And wherever she goes, her heart beats in time with her childhood friend, Danny - though they never seem to be in the right place at the right time. If home is where the heart is, where will Ellen's lead her?



Revealing Light: How Cancer Illuminated My Divine Blueprint – Maryann Weston – OBooks



A spiritual odyssey, Revealing Light: How Cancer Illuminated My Divine Blueprint tells the story of its author's psychological and spiritual evolution, from confronting her mortality with a deadly illness to creating a community of like-minded people. In 2015, amid a successful career, wife and mother Maryann Weston was diagnosed with cancer. Engulfed first in waves of fear, she didn't want to die and leave her family. A million questions and reasons to fight flooded her mind. Confronted by death, she felt inadequate and small. If only she had known then how supremely and divinely Spirit would soon walk beside her, onto cancer's battlefield... Her fear and doubt suddenly began to lift when she started reconnecting with her childhood clairvoyance, studying mediumship and astrology, drawing from her strong calling to discuss her healing and the psychic abilities she had suppressed since childhood.

This book is about the gifts received through adversity, about learning in the fiery waters of a spiritual baptism that many cancer warriors experience and how crisis can shatter existence to reveal divine purpose in life - a blueprint we agreed to before we were born.

The Podcast Review

We source the best selection of podcasts each issue. This time we bring you, The Charlie Kirk Show, May Contain Nuts, Where is Jón?, The Con: Kaitlyn's Baby and Wine Times.

The Charlie Kirk Show (Opinion)

Charlie is one of the world's hardest working grassroots activist who has the inside scoop on the biggest news of the day and what's really going on behind the headlines across the world. The founder of Turning Point USA and one of social media's most engaged personalities, Charlie is on the front lines of the culture war, mobilising hundreds of thousands of students on over 3,500 college and high school campuses across the U.S, bringing a daily dose of clarity in a sea of chaos all from his signature no-holds-barred, freedom-loving point of view.

May Contain Nuts (Investigative)

Four hosts - one subject - no script. A comedy show where four hosts pick a subject and try to make sense of it with varying levels of success: from Stonehenge to Pyramids, from Flat Earthers to Chemtrails - you'll either come away scratching your head or obsessively Googling the subject for days after!

Where is Jón? (True Crime)

When Iclander Jón Jónsson arrived to Dublin in February 2019, he came for 10 days of fun - to play at the Dublin Poker Festival and to do some



sightseeing with his partner, Jana. But within a day of landing here, Jón disappeared. With unique access into this story, RTÉ begin investigating Jón's disappearance by examining the 48 hours before he was last seen alive. Will they find any clues to indicate what might have happened to him?

The Con: Kaitlyn's Baby (Human Interest)

Kaitlyn Braun, a pregnant young woman in crisis, takes dozens of birth workers through an escalating series of disasters – rape, baby loss, and even a coma. One by one, the doulas struggle to support her and grieve with her, and even save her life as they're led down a distressing path. And then the truth comes out. In this six-part true crime series, Sarah Treleaven untangles a complex web of lies and deception to ask who Kaitlyn really is and why she did the things that she did. Cases like these puzzle legal experts and raise intricate moral and ethical questions. This is not your average con. Kaitlyn is not your usual scammer.

Wine Times (Wine)

Broadcaster Anneka Rice joins Sunday Times wine columnist Will Lyons to share their love of wine and travel with a host of special guests.

How to:

Search "Google podcasts" in the Play Store app (if you've an Android phone). iPhones comes with Apple podcasts app installed. Open the app and type in the name of the podcast you want or you can just browse categories whilst there.

Discount Corner

FUNERAL DIRECTORS

**BRIAN MCELROY
FUNERAL DIRECTORS**

**The highest standards of service
at the most competitive price**

Crumlin Village
Phone: 01 4559101
Monastery Road
Clondalkin
01 464 0048
Website: www.brianmcelroy.ie
Email: brian-mcelroy@hotmail.com

*Reasonable rates to all Ireland's
Big Issue readers*

INDOOR MARKET

JAMESTOWN INDOOR MARKET

90 Jamestown Road
Inchicore
Dublin 8
(200 metres from the Black Horse Pub)

Luas: Black Horse Shop

Saturday and Sunday 10am-5pm
Bargains Galore
Contact: 086 825 3370

www.jamestownmarket.com

BLINDS

GERARD MALONE BLINDS LTD

Roller, Venetian, Vertical, Wood.

Covering Dublin, Kildare and Meath areas.

Serving these areas for 30 years.

Full Repair Service

**Phone: 01 621 0100
Mobile: 085 733 8847**

**Email:
gerardmalonblinds@gmail.com**

*10% discount for all Ireland's Big
Issue readers*

CRECHE

Aladdins Corner

54 Mountjoy Square
Dublin 1
Part-time and Full-time places

Tel: 01 855 5576
Email: sineadwalsh@yahoo.com

Proud Supporters of Ireland's Big Issue & Homeless Street Leagues

FOCUS Ireland



Thanks to you, last year
we changed the lives of
over 12,500 people

**FOCUS
Ireland**

Able Plus Stairlifts

Straight Stairlifts from €1000

Curved Stairlifts from €4200

New Stairlifts
Reconditioned
Rentals/Rent-2-Buy
Removals
Repairs & Services
Grants Available



Phone: 01-8245763 (24/7/365)

Email: info@ableplus.ie

For service & repairs contact:

Northside: Kevin Delaney 0878079993

Southside: Mark Walker 0878376073

WWW.ABLEPLUS.IE



**Happy
St. Patrick's Day**